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This is 50 days food and exercise journal (workout and food log) which has everything you need to keep your quest for optimal health on track. No matter what your goals, starting your journal to the new you! This book allows you to create a detailed and organized log of your diet and exercise and checks every day about 50 days. Keeping a food and exercise has two pages per day very comfortable to write and plan breakfast lunch and dinner -Tracking&set your goals -Track & Record Breakfast, Lunch, Dinners and Snacks -Focus on the positive when eating -Goal for the goals Just write down everything that you eat and drink for 50 days and regain control over your weight and health! Detail this book -Full Matte Color Exterior -104 pages - Measures 6"x9" -B&W interior Get started today and add this diet diary to your cart.and make your health for best Thank you!

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